



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness." Harold Kushner

Caregiver Tip:

Decorating and visiting with family are all part of the hustle and bustle, and stress of the holidays. Here are ways caregivers can minimize holiday stress.

- Maintain a routine as close to normal as possible, plan for downtime and limit guests and activities to prevent overstimulation.
- Choose simple decorations. Try to keep the same furniture layout and minimize clutter to maintain a safe environment. Older adults, particularly those with dementia, benefit from familiarity and too much change can cause anxiety and confusion.
- Involve your loved ones with the preparations as much as possible. Focus on what the person can still do.
- Ask for help and accept assistance. If you are feeling overwhelmed, talk to friends, family, or join a support group.

Caregiver Support Group

Wednesday, Dec. 5, 2012

4-5:30 p.m.

**Alexandria Adult Day
Services Center**

703.746.5676

Resources:

Medicare Part D Opens Enrollment Counseling

Open enrollment for making changes to your Medicare D and Medicare Advantage plans is currently under way and will continue until Friday, December 7. Changes made during this period will be effective January 1, 2013.

It is important to review your plan because Medicare Part D and Advantage plans are allowed to make changes in their premium costs, deductibles, co-payments, and the list of drugs covered by their plan.

Free counseling is provided through VICAP, the Virginia Insurance Counseling and Assistance Program, and the Department of Community and Human Services Division of Aging and Adult Services. Appointments are available November 28, 9 a.m. - 3:30 p.m., and December 6, 9 a.m. - 2:30 p.m. at the St. Martins Senior Center located at 4650 Taney Avenue.

To schedule an appointment or for more information, please call 703-746-5999.

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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